



BRIGHTLINGSEA
URBAN DISTRICT
COUNCIL

ANNUAL REPORT

of the
Medical Officer of Health
for 1967



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BRIGHTLINGSEA URBAN DISTRICT COUNCIL

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH

for 1967

Chairman:

Cr. R. French.

Vice Chairman:

Cr. F. R. G. Staffiere.

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Cr. E. A. Price

R. A. STENHOUSE, L.M.S.S.A.(Lond.), D.P.H., (R.C.P. & S.,)
F.R.I.P.H.H.
Medical Officer of Health to the Urban Districts of Clacton,
Brightlingsea, Frinton and Walton, the Rural District of
Tendring and Assistant County Medical Officer.

J. COLVIN, M.R.S.H., M.A.P.H.I.,
Public Health Inspector.
Surveyor.
Meat and Food Inspector.

Telephone Number
Brightlingsea 2626.

Town Hall,
Brightlingsea,
Colchester,
Essex.

Mr. Chairman and Gentlemen,

I have pleasure in presenting the Annual Report on the state of Public Health in the Urban District of Brightlingsea for 1967.

The health of the community has remained satisfactory as in previous years. The population has increased once again by around 200 to 5,870 as recorded by the Registrar General for mid 1967. Total live births at 114 show an increase of 22 giving a corrected birth rate of 24.3, as compared with the National figure of 17.2. The death rate also shows an increase above last year at 20.3 with a total of 107 deaths. There were 18 deaths due to cancer.

Attendance at the County Clinics have again been satisfactory during the year. 97 infants and children received primary courses on immunisation and 73 secondary injections against Diphtheria, Tetanus and Whooping Cough. 189 infants and children were immunised against Poliomyelitis and 109 were vaccinated against Smallpox.

The water supply has been satisfactory in quantity and quality during the year under review. The results of chemical analyses of water from the two wells in the Town are given elsewhere in the report, and in the case of the Lower Park Pumping Station it should be noted that the fluoride content is above the normal level, which is typical of water derived from bores holes sunk through London Clay, conditions which pertain at Maldon and in neighbouring areas, where water may contain as much as five parts per million of fluoride. The optimal figure of between 0.8 and 0.1 parts per million is arrived at by mixing with water from areas relatively free of fluoride. The question is often asked - What is a pure and wholesome water? This is in fact a water free from odour, colour or taste, with no excess of saline or organic matter, few bacteria and no bact. coli. in 100 millilitres, which is also reasonably soft, free from excess of carbonic acid and usually has no appreciable effect on mains, service pipes or fittings. The water supplied to Brightlingsea by means of blending the various available sources, does fulfil the above conditions.

The Municipal Bathing Pool has been maintained in a satisfactory condition throughout the summer season this year by constant vigilance on the part of the staff concerned, and

frequent testing and chlorination, and it is hoped that it will be possible to maintain this standard until a more modern installation can be provided.

Progress continues if slowly with the new sewage system which it is hoped will be completed in the beginning of 1969. Reference is made elsewhere in the report to the unsatisfactory effluent from the present system.

My gratitude must be expressed to the Public Health Committee and Council as a whole for their co-operation during the year, and also to the Public Health Staff for their zeal and efficient work.

I am, Mr. Chairman and Gentlemen,

Your obedient Servant,

R. A. STENHOUSE,

Medical Officer of Health.

STATISTICAL MEMORANDUM

Urban District of	...	...	Brightlingsea
Area in acres	...	...	2,852
Population:			
1967 Registrar General's Estimate			5,870
1961 Census	...	...	4,800
Density of Population per acre		...	2.3
Rateable value	...	...	£172,372
Sum represented by penny rate		...	£685. 6s. 3d.
Number of inhabited dwellings (approx.)	...		2,401
Total live births	...	...	114
Birth rate crude (per 1,000 home population)			19.4
Birth rate corrected	...	...	24.3
Birth rate (England and Wales)		...	17.2
Total live and still births		...	114
Total still births	...	...	-
Still birth rate	...	...	-
Still birth rate (England and Wales)		...	14.8
Total deaths	...	...	107
Death rate crude (per 1,000 home population)			18.2
Death rate corrected	...	...	12.6
Death rate (England and Wales)		...	11.2
Deaths of infants under 1 year of age	...		4
Infant mortality rate (per 1,000 live births)			35.0
Infant mortality rate (England and Wales)			18.3
Infant mortality rate - legitimate	...		35.0
Infant mortality rate - illegitimate	...		-
Neo-natal mortality rate	...	...	35.0
(Deaths under 4 weeks old per 1,000 live births)			
Early neo-natal mortality rate	...		35.0
(Deaths under 1 week old per 1,000 total live births)			
Perinatal mortality rate	...	...	35.0
(Stillbirths and deaths under 1 week old combined per 1,000 live and still births)			
Number of illegitimate births	...		8
Deaths from diarrhoea (under 2 years of age)			-
Maternal deaths (including abortion)	...		-
Cancer deaths	...	...	18
Lung cancer deaths	...	...	3
Tuberculosis deaths	...	...	1

LIVE BIRTHS

Male	Female
55	59
Total: 114.	

CAUSES OF DEATH DURING 1967.

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Tuberculosis, respiratory	1	--	1
Other infective and parasitic diseases	1	--	1
Cancer (all sites)	8	10	18
Leukaemia	--	2	2
Diabetes	--	1	1
Vascular lesions of nervous system	9	8	17
Coronary disease, angina	14	9	23
Hypertension with heart disease	--	2	2
Other heart disease	3	12	15
Other circulatory disease	4	1	5
Pneumonia	3	4	7
Bronchitis	3	1	4
Other disease of respiratory system	2	--	2
Gastritis, enteritis and diarrhoea	1	--	1
Other defined and ill-defined diseases	5	2	7
All other accidents	1	--	1
	<u>55</u>	<u>52</u>	<u>107</u>

DEATH OF VARIOUS AGES DURING 1967.

Under 4 weeks	4
4 weeks -- 1 year	--
1 -- 4 years	--
5 -- 14 years	--
15 -- 24 years	--
25 -- 34 years	--
35 -- 44 years	1
45 -- 54 years	1
55 -- 64 years	15
65 -- 74 years	38
75 and over	48
	<u>107</u>

PREVENTION AND CONTROL OF INFECTIOUS AND OTHER DISEASES

The following figures show the number of infectious diseases which were notified in the district during 1967:-

Disease	Cases Notified	Cases to Hospital	Cases at Home	Cases Confirmed	Deaths
Measles	15	-	15	15	-

TUBERCULOSIS 1967.

There were three cases of Tuberculosis notified during the year.

Total cases of Register at the end of 1967 = 32.

The age groups of the cases on the Register are as follows:-

Age Groups in Years	Respiratory		Non-Respiratory		Totals
	M	F	M	F	
1 - 5	-	1	-	-	1
15 - 25	3	2	-	-	5
25 - 35	4	2	1	-	7
35 - 45	5	1	-	1	7
45 - 55	6	-	-	-	6
55 - 65	2	2	-	-	4
65 - 75	2	-	-	-	2
Totals:	22	8	1	1	32

SANITARY CIRCUMSTANCES OF THE AREA

WATER SUPPLIES

The Tendring Hundred Waterworks Company are the Statutory Water Undertakers for the whole of the Urban District Area.

The supply is derived from Lower Park Road bore hole and the Church Road deep and shallow wells and any deficiency is made up by bulk supply from external sources.

The total number of dwelling houses supplied from the mains is estimated at 2401 and of these some 14 houses are still supplied from outside standpipes.

The shortage of water in North East Essex has resulted for a further year in the stand-still order on planning permissions for the erection of dwelling houses. Planning permissions for only 12 dwelling houses were available during the year.

CHEMICAL AND MINERAL ANALYSIS

CHEMICAL RESULTS IN PARTS PER MILLION

	<u>Church Road Waterworks</u>	<u>Lower Park Waterworks</u>
Colour (Hazel Scale)	5	3
Reaction pH	6.3	7.6
Electric conductivity (ohm cm ²)	720	1500
Chlorine present as Chloride	71	310
Hardness: Total	285	235
Carbonate	35	235
Non-carbonate	250	0
Nitrate Nitrogen	24	0.0
Nitrite Nitrogen	Absent	Absent
Ammoniacal Nitrogen	0.03	0.80
Oxygen absorbed	0.60	0.50
Albuminoid Nitrogen	0.03	0.02
Residual chlorine	Absent	Absent
Metals: (Zinc, copper, lead, manganese)	Absent	Absent
Iron	0.03	0.14
Fluoride (F)	less than 0.1	1.9
Turbidity	Nil	Nil
Odour	Nil	hydrogen sulphide
Free carbon dioxide	14	14

	<u>Church Road Waterworks</u>	<u>Lower Park Waterworks</u>
Dissolved solids dried at 180°C	555	940
Alkalinity as calcium carbonate	35	290
Silica	16	36

MINERAL ANALYSIS (After filtration if necessary)(Parts per million and milliequivalents per litre.)

a) CHURCH ROAD WATERWORKS

Cations			Anions		
	p.p.m.	mEq./L		p.p.m.	mEq./L.
Ca	85	4.2	CO ₃	21	0.70
Mg	17	1.4	SO ₄	168	3.5
Na	50	2.2	Cl	71	2.0
K	9	0.25	NO ₃	112	1.8
Total:		8.0			8.0

Hypothetical Combinations

	p.p.m.	mEq./L.
Calcium carbonate	35	0.70
Calcium sulphate	238	3.5
Magnesium chloride	67	1.4
Sodium chloride	20	0.35
Sodium nitrate	153	1.8
Potassium chloride	19	0.25
Silica	16	
Total:	548	8.0

b) LOWER PARK WATERWORKS

Cations			Anions		
	p.p.m.	mEq./L		p.p.m.	mEq./L.
Ca	54	2.7	CO ₃	174	5.8
Mg	23	1.9	SO ₄	67	1.4
Na	290	10.9	Cl	310	8.7
K	18	0.45	NO ₃	-	-
Total:		15.9			15.9

Hypothetical Combinations

	p.p.m.	mEq./L.
Calcium Carbonate	135	2.7
Magnesium Carbonate	80	1.9
Sodium Carbonate	64	1.2
Sodium Sulphate	99	1.4
Sodium Chloride	483	8.25
Potassium Chloride	36	0.45
Silica	36	-
Total:	933	15.9

BACTERIOLOGICAL EXAMINATION OF WATER SUPPLIES

Samples of water from the mains and sources have been submitted regularly for examination and found satisfactory in all cases.

SEWERAGE AND DRAINAGE

Substantial progress has been made in the construction of the new Sewage Works and Pumping Station and it is anticipated that pumping and partial operation of the works will commence towards the end of 1968.

As an interim measure to deal with the additional sewage from the Manor Estate, chemical aided precipitation has been reintroduced to the old Sewage Works.

SANITARY ADMINISTRATION

The following is a synopsis of the principal works carried out by the Public Health Section during 1967:

Inspections (Public Health and Housing)	945
Other inspections primarily in connection with Surveyor's duties	817
Informal notices complied with	34
Informal notices served	34
Statutory notices complied with	10
Number of premises at which nuisances were abated	47

Schedule of Housing Inspections and improvements obtained:

Type of Repair	Repairs completed
Dampness	37
Roof defects	25

Type of Repair	Repairs completed
----------------	-------------------

Plaster defects	18
Pointing	5
Insufficient drainage	3
Defective drainage	44
Insufficient or defective closets	6
Defective paving	2
Provisions of dustbins	17
Inadequate water supply	4
Dangerous buildings	2
Defective floors	12
Nuisances	41

Infestation:

Rats	51
Mice	12

SWIMMING POOL

The policy of frequent cleansing and chlorination of the Swimming Pool filling water has produced satisfactory bacteriological results during the season. From a safety angle, however, no basic improvement can be achieved without considerable reconstruction. If the Pool is to be retained in its present form for any prolonged period it is essential that work of improvement should be carried out at an early date.

CARAVANS AND CAMPING GROUNDS

Minor improvements have been carried out during the year to the caravan sites and a scheme of reconstruction in connection with the Colne Road Caravan Site is being prepared to deal with the large caravans which are now being used on the Western Promenade Sites.

The Local Authority continues to operate the only official caravan and camping site in the district.

HOUSING

New houses and flats erected during 1967:

Private enterprise	49
Council houses	-
Council flats	-
Council bungalows	-

FOOD

The following list shows the number of visits paid to premises at which food for human consumption is sold or prepared:

Fruiterers	5
Cafes, Restaurants and Hotels	10
School Canteens	3
Butchers Shops	17
Fish Friers	4
Wet Fish Shops	6
Bread and Cake Shops	2
Ice Cream Vendors	5
Bakehouses	4
Poultry Shops	Nil
General Stores and Grocers	29

The following is a list of improvements obtained in food premises:

Want of washing facilities	Nil
Want of cleanliness	6
Sanitary accommodation	2

REGISTRATION OF FOOD PREPARING PREMISES

The number of premises registered pursuant to Section 16 of the Food and Drugs Act is as follows:

Sausage meat, pressed, pickled and preserved meat	6
Sale of ice cream	24

FOOD AND DRUGS AUTHORITY

The Council is not the Food and Drugs Authority for the District.

INSPECTION OF MEAT AND OTHER FOODS

There are no licensed slaughterhouses in the area.

During the year the following diseased and unsound food was surrendered and condemned:

2 x 4 lb. tins of jellied veal	Faulty processing
--------------------------------	-------------------

11 lb. pork pie	Decomposition
2 x 8 lb. 12 oz. tins of cooked ham	Blown
10 lbs. kidneys	Faulty storage

ICE CREAM

The total number of premises registered for the sale of ice cream is 24. All ice cream sold in the district is obtained from reputable sources.

BAKEHOUSES

There are 4 bakehouses in the Urban District but none of these are underground premises. Inspections were made during the year.

SHELLFISH

The original Local Authority oyster purification plant has now been demolished but a small ultra violet ray plant is operated by a commercial undertaking and is used particularly in connection with the export of oysters to the continent. When in operation samples of oysters are submitted for examination to the Public Health Laboratory.

FOOD PREMISES

The following table sets out the number of food premises subject to the Food Hygiene (General) Regulations, 1960, grouped in categories of trade carried on in them and includes the following approximate information for each category separately

- a. The number of premises.
- b. The number of premises provided with staff hand-washing facilities in compliance with Regulation 16.
- c. The number of premises subject to compliance with Regulations 19 which requires, in food premises in which open food is handled, the provision of sufficient sinks or other facilities for washing food and food equipment.
- d. The number of premises at C above actually fitted to comply with Regulation 19.

Premises	a.	b.	c.	d.
Fruiterers	5	5	5	5
Cafes, Restaurants and Hotels	20	20	20	20
School Canteens	2	2	2	2
Butchers Shops	2	2	2	2
Fish Friers	2	2	2	2
Wet Fish Shops	1	1	1	1
Bread and Cake Shops	5	5	5	5
Bakehouses	4	4	4	4
General Stores and Grocers	24	24	24	24
	69	69	69	69

PUBLIC CLEANSING

Refuse disposal is by controlled tipping and adequate land is available at present for this method. A weekly collection of refuse is provided throughout the area.

THE OFFICES, SHOPS AND RAILWAY PREMISES ACT, 1963.

(a) Registrations and General Inspections:

Class of Premises	Number of Premises registered during the year.	Total number registered premises at end of year.	Number of registered premises receiving a general inspection during the year.
(1)	(2)	(3)	(4)
Offices	Nil	30	24
Retail Shops	2	35	32
Wholesale Shops, Warehouses	-	-	-
Catering Establishments open to the Public	-	5	5
Canteens	-	2	2
Fuel Storage Depots	-	2	2
Totals:	2	74	65

- (b) 81 visits of all kinds by Inspectors to registered premises.
- (c) Analysis of persons employed in registered premises by workplace.

Class of workplace (1)	Number of persons employed (2)
Offices	97
Retail Shops	102
Wholesale Departments, Warehouses	17
Catering Establishments open to the public	26
Canteens	12
Fuel Storage Depots	8
Total:	262
Total Males:	143
Total Females:	121

- (d) Exemptions Nil
- (e) Prosecutions Nil
- (f) Number of inspectors appointed under Section 52
(1) or (5) of the Act 2
- (g) Number of other staff employed for most of their
time on work in connection with the Act Nil

FACTORIES ACT, 1961.

PART I OF THE ACT.

1. Inspections for purposes of provisions as to health.

Premises (1)	Number on Register (2)	Number of Inspec- tions (3)	Written Notices (4)	Occupiers prosecuted (5)
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	5	6	3	Nil
(ii) Factories not included in (1) in which Section 7 is enforced by the Local Authority	34	23	6	Nil
(iii) Other premises in which Section 7 is enforced by the Local Authority (excluding out- workers' premises)	9	9	-	Nil
Totals:	48	38	9	Nil

2. Cases in which defects were found.

(If defects are discovered at the premises on two, three or more separate occasions, they should be reckoned as two, three or more "cases".)

Particulars (1)	Number of cases in which defects were found				Number of cases in which pro- secutions were instituted (6)
	Found (2)	Remedied (3)	Referred To H.M. Inspector (4)	By H.M. Inspector (5)	
Want of Cleanliness (S.1.)	-	-	4	-	-
Overcrowding (S.2.)	1	1	-	-	-
Unreasonable temperature (S.3.)	2	-	2	-	-
Inadequate ventilation (S.4.)	1	-	1	-	-
Ineffective drainage of floors (S.6.)	-	-	-	-	-
Conveniences (S.7.) (a)	-	-	-	-	-
Insufficient (b)	-	-	-	-	-
Unsuitable or defective (c) Not separate for sexes	2	2	-	-	-
Other offences against the Act (not including offences relating to Outwork)	-	-	-	-	-
Totals:	6	3	7	-	-

PART VIII OF THE ACT

SECTIONS 133 and 134

Section 133				Section 134
Nature of work	Number of outworkers in August list required by Section 133 (1) (c) (2)	Number of cases of default in sending lists of the Council (3)	Number of prosecutions for failure to supply lists (4)	Number of instances of work in unwholesome premises (5)
(1)				
Wearing apparel, making, etc.	5	-	-	-

